

We get **brainshine** by doing **helpful and happy things** with our **brain, body & others**, and it makes us feel **happy**, even if we're having a bad day! :D



How did you make **brainshine** today / this week?

**Write and draw 6 things that made brainshine!**

*(If you get stuck try another one - then check your answers with a grown up at the end!)*

**Helpful & happy 😊**

Brain	Body	With others (Animals too!)
1	2	3
4	5	6

How else can you get **brainshine** today / this week?

**Write and draw 6 things that can make brainshine!**

*(If you get stuck try another one - then check your answers with a grown up at the end!)*

**Helpful & happy 😊**

Brain	Body	With others (Animals too!)
1	2	3
4	5	6

**Brainshine bonus:**

When you're **kind** you're being **positive with your brain, body & others at the same time**, and you get a **brainshine bonus! :D**  
*(Have you noticed that it feels good to be kind? Brainshine is why! 😊)*

Have you done anything **kind** today? If you have:

**Draw you being kind today:**

**Draw them being happier afterwards** 😊

**Draw you feeling good afterwards!** 😊

What could you try later, to **help someone else** (and also help yourself with a **brainshine bonus** 😊)?

**Draw you being kind later:**

**Draw them being happier afterwards** 😊

**Draw you feeling good afterwards!** 😊

**If you're ever feeling bad, just remember that:**

**Bodies need food**

**Cars need fuel**

**Brains need brainshine!**

**If you feel bad or have a worry, making brainshine will always help you feel better**

*(It's the biggest secret that most grown-ups don't know, so teach them and the world will be happier ok! 😊)*

**Ps. Being kind to others is one of the best ways to feel better in the whole world**

**(When you do good things you also become a magnet for good luck too!) - try it next time and see how you feel after! 😊**

Parent notes:

- **Brainshine = Serotonin**, a substance which is produced in our brain to keep our mood steady and positive as an evolutionary reward for doing positive things, and it makes us feel calm, confident & in control – happy!

A lack of it is linked to depression, anxiety, anger and runaway thought patterns, and most happy pills these days are SSRIs – selective **serotonin** reuptake inhibitors – which make more of it available in the brain. This is teaching children how we can make more Serotonin at any time!

<https://www.nhs.uk/conditions/ssri-antidepressants/>

Examples for making Serotonin *(there's no limit so have fun finding more!)* 😊

Positive thoughts (mind)	Positive activities (body)	Positive interactions (social)
<p><b>How can I get Serotonin?</b>            Positive memories            Positive plans  <b>Considering options &amp; solutions</b></p>	<p><b>Sleeping</b>            Getting up &amp; dressed            Basic hygiene            Food + water</p>	<p>Text / Email            Pet / animal (<b>nurturing</b>)            Facebook / social media            Phone</p>
<p>Awareness &amp; noticing            Discovering            Reading            Puzzles  <b>Meditation &amp; techniques</b>            Positive outlook            Learning            Solving problems</p>	<p><b>Cleaning &amp; Tidying</b>            Music            Singing            Dancing            Hobbies            Sport &amp; exercise            Playing games            Arts &amp; crafts</p>	<p><b>Kindness &amp; respect</b>            Smiling            Compliments            Having a laugh            Friendly eye contact            Sharing opinions            Authenticity            Meeting up &amp; hanging out</p>